

# SENIOR HAPP'Y'NINGS

**SEPTEMBER/OCTOBER 2018**

27 BROOK STREET  
 SCITUATE, MA 02066  
 781-545-8722

## Hours of Operation:

Monday-Thursday  
 8:30 AM-4:30 PM  
 Friday  
 8:30 AM—3:00 PM

## COA STAFF

**Director** - Linda Hayes  
*lhayes@scituatema.gov*

**Administrative Assistant**  
 Jill Johnston  
*jjohnston@scituatema.gov*

**Transportation Coordinator**  
 Kathy Clarkeson  
*kclarkeson@scituatema.gov*

**Outreach Coordinator**  
 Jenny Gerbis  
*jgerbis@scituatema.gov*

**Activities & Volunteer Coordinator**  
 Lisa Thornton  
*lthornton@scituatema.gov*

**Van Drivers:** Mary Brown,  
 Jay Brien, John White,  
 Jim Keeley

**Manager of Social Services**  
 Laura Minier  
*lminier@scituatema.gov*  
 781-378-1653

## COA BOARD

John D. Miller, Chair  
 Dr. Gordon Price, Vice  
 Janice Desmond, Co-Secretary  
 Caitlyn Coyle, Co-Secretary  
 Helen Jablonski, Leslie James,  
 Janice Lindblom,  
 Lucille Sorrentino, Henry Yeh

**Selectman Liaison**  
 Karen Canfield

## Mission of the Scituate Council on Aging

To identify the unique needs and interests of our senior citizens and implement programs that will enhance the quality of life, independence and physical and emotional well-being of a growing aging community.

*"Coming together is a beginning; keeping together is progress; working together is success. — Henry Ford*

**Director Note:** Senior Centers are where communities embrace the opportunities and challenges of aging (National Council of Aging). The NCOA theme for this September's Senior Center Month is "Building Momentum." That is particularly applicable to Scituate as we work to *build* momentum for the opportunities inherent in providing the seniors and community of Scituate with a *new building* and the ability to develop the culture and community within that supports and enhances the reality of aging for seniors currently numbering 5,300 and predicted to grow to over 30% of the population by 2020—the earliest we will see a facility constructed.

Scituate is an Age-Friendly Community! I am very excited to let you know at this opportune time of 'building' momentum for a new Senior Center, that we are also joining the movement for promoting and cultivating an Age-friendly town. Scituate is the 258<sup>th</sup> community to be accepted into the AARP and World Health Organization's Network of Age-Friendly Communities, along with 30 other communities in Massachusetts and many worldwide. This new status offers many opportunities for us to review existing town resources and recommend new ways to offer accessibility and develop attributes that consider the needs of all ages and provide amenities that make Scituate a great place to grow up and grow older!

We just celebrated with 30 seniors who have the good fortune to have reached the robust age of 90 or more, and without naming names one such beautiful lady is actually 101 and relayed an amusing anecdote about young people's perceptions that she and everyone her age must have actually signed the Declaration of Independence! It was a new event for us as we aren't able to offer a daily luncheon which would provide a more consistent connection to those adults who would benefit. The trade-off is that we do not get to know many of the older patrons as well as we would like, as another gentlemen made good use of our piano, and who knew of his talent and appreciation for the opportunity to show it off a little! He is a voice on the phone for our TC, as she schedules his rides to other locations in town that provide a meal. In the meantime, we will continue to schedule as many activities as possible for all to enjoy—so Read On! —and please join us for our many exciting programs and events coming up! ♥ **Linda**



## SAVE THE DATES—So many special events!

<b>Go4Life Family Fun Walk!</b>	<b>Sunday, 11am September 23 @ Harbor Building</b>
Read-a-Book Day Celebration	Thursday, Sept 6, 10am with local author & cookies!
Memory Training Workshop	Mondays, Sept 10, 10:30-12:30 (4 weeks)
Aging Mastery Program	Thursdays, Nov 1, 9:30-11am (10 weeks)
50+ Job Seekers Networking	Wednesdays, Sept 12, 10:30-12:30pm (bi-monthly)
Seniors CONNECT	Wednesdays, Oct 3, 3pm (6 weeks)
US Navy Band Pops Concert	November Date TBA. @Performing Arts Center

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## ADS to come

# Trips — live & learn!

**September 5**     **Market Basket Shopping & Walmart/Lunch** in Plymouth, \$3 van ride. Bring money. Depart SC @ 9:30am. Return to Scituate at 1:30pm. Call for reservation on van.

**October 3**     **Cape Cod Excursion Train** \$48 includes train ticket, boxed lunch and van ride. Add \$5 for lobster roll lunch. Depart SC @ 9am. This roundtrip 3-hour journey includes a one-hour whistle stop along the canal at Pairpoint Glass. Passengers may choose to disembark and will have the opportunity to view live glass blowing and/or glass pressing while touring the facility.

**October 14**     **Daniel Webster Fall Tea, Marshfield** \$20 tea, \$3 van ride. Scones, breads, tea, sandwiches, desserts. 2pm-4pm Arrive SC @ 1:00pm, Return to Scituate @ 4:45pm.

**October 17**     **Museum of Fine Arts—French Pastels** \$25 Depart SC at 9:15am. Return to Scituate approx. 3:30/4pm

**November 2**     **12-7pm Boston Christmas Festival**, \$20 Depart COA @ 11:45am. Return to Scituate approx. 4pm.

**November 15**     **BSO Rehearsal Performance** @ 10:30am. Depart SC @ 8am. Cost approx. \$40. Call for details. Sign up NOW!

**November 19**     **Market Basket Shopping & Walmart/Lunch** in Plymouth, \$3 van ride. Bring \$ for shopping & lunch. Depart SC @ 9:30am. Return to Scituate approx. 1:30pm.

**Oct 30 & Nov 27 11am South Shore Conservatory of Music—Coffee Break Concerts.** Call for Van Ride. Cost \$5 van ride. Concert free. Reservation required! Space is limited

*Even if you plan to drive yourself, call for reservation!*  
**PAYMENT IS DUE at SIGN UP for ALL TRIPS**

ATTENTION ALL TICKETED ACTIVITIES and TRIPS: Scituate residents 60 and older will be given priority. You may sign up for yourself and one other person. We will keep a waitlist for each trip. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list. Often times, we are able to offer a trip to people on the waitlist. Any cancellations should be made as soon as possible, so that people on the waitlist have ample time to plan. PAYMENT MUST BE MADE W/IN 3 DAYS of SIGN UP...otherwise WE WILL SKIP YOU AND GO TO THE WAITLIST. Van = 12 to 14 people

## LOCAL & OUT-OF-TOWN TRANSPORTATION

**INCLEMENT WEATHER POLICY:** If all schools in Scituate are closed due to inclement weather, then our vans will not be running for any purpose and likely classes at the Senior Center will be cancelled. Also, If your pathway to the van is not cleared to allow safe passage, the Driver cannot pick you up.

**10 Ride Pass** for \$10.00 = \$1.00 each way  
**Cash** = \$1.25 each way / \$2.50 round trip  
**Out of Town Medical** = \$5.00 EACH WAY

**Discount Senior MBTA Cards** can be applied for or renewed by mail or e-mail with a new photo; call Jill, x2. Photos can be taken at the Senior Center and sent electronically to GATRA. Your MBTA card will be mailed to you.

**MEDICAL RIDES OUT OF SCITUATE\*** provided Monday-Friday between **10:30 a.m. to 1:30 p.m.** Rides require 5 days notice. [Provided by South Shore Community Action Council]

**MEDICAL RIDES WITHIN SCITUATE\*** require 2 or more days notice. Monday, Wednesday, Friday between 8:00 a.m. to 3:00 p.m., Tuesdays 12 noon to 4 p.m.

**AMERICAN CANCER SOCIETY** provides medical appointment transportation for persons receiving cancer treatments. Call 508-897-4300.

**NON-MEDICAL LOCAL RIDES WITHIN SCITUATE** require at least 2 days notice. Local rides include appointments, the Senior Center for activities, Library, shopping, hair dresser, etc. Our vans run on the same schedule as Council on Aging hours.

### REGULAR SCHEDULED TRIPS:

**TUESDAYS:** Shaw's Supermarket 9:00—9:45 a.m.

**WEDNESDAYS:** (2nd and 4th Wed of the Month)  
Hanover Mall / Trader Joes / Dollar Tree  
10:00—11:30 a.m.

**THURSDAYS:** Scituate Harbor 9:00—10:00 a.m.  
Congregational Church Lunch 12:00—1:00 p.m.

### **TRANSPORTATION COORDINATOR—KATHY CLARKESON**

**Call 781 545—8722, ext. 3** to schedule your requests for COA van transportation in Scituate or Out-of-Town Medical Rides.

### **VOLUNTEER DRIVERS NEEDED**

Drivers needed occasionally to escort some of our seniors to and from doctor appointments. If you can help us, please call 781- 545-8722.

\* When making medical appointments, we will need your **appointment date, time, doctor's name, address and telephone number.** Please advise the doctor's office that the Council on Aging will be providing your transportation. When possible please try to determine the length of your appointment for scheduling the return trip.

# Programs, Special Events, Speakers

**Café Talks** — DAYS & TIMES Vary; To enroll for a course or event, please call us at 781-545-8722  
Information, social opportunity, and refreshments. We have an varied lineup of CAFÉ TALKS you won't want to miss!  
**Café Talks** will be cancelled for lack of sign-ups, so please call to let us know that you are planning to attend.

## Thursday, Sept 6 @ 10 am—

**Celebrate National Read-a-Book Day!** Come to hear local author, Richard Wainwright talk of his special book The Tale of the Scituate Lightkeeper's Daughter. We will also participate in the Scituate Education Foundation's Passport Days by inviting parents and grandparents to bring their pre-schoolers to enjoy this special talk and decorate lighthouse cookies! Autographed books available for purchase—profits go to the Scituate Lighthouse!



## Café Talks (& One-Time Classes)

**TUE Sept 18 3pm Wine Glass Painting Workshop**  
Paint your own beautiful wine glass just in time for summer. Don't drink wine? That's OK, a wine glass makes any drink FANCY! (Limit 25).  
**Presented by Lisa Emily Brennan, Jack Conway Realtor, Scituate**

**WED Sept 26 10:30am North & South Rivers Presentation By The Watershed Association**  
The North and South Rivers Watershed Association will present the *NATURAL BEAUTY, RICH HISTORY* and *FRAGILE ECOLOGY* of the North and South Rivers. The North River is the first designated Scenic Protected River in Massachusetts and the North and South Rivers have been designated a National Historic Landmark by the National Park Service. Between 1645 & 1871 over 1000 ships were built along the North River.

**WED Oct 10 10am Craft Your Worries Away with "Bottle Therapy"!**  
We will be creating beautifully decorated glass bottles using paper napkins and mod podge. It will be relaxing and fun. Come learn Art Deco-oupage. Supply cost \$3. Sign up req'd. Limited to 8.

**TUE Oct 23 2:30pm Arm Chair Travel Slide Presentation GERMANY—Celebrate Oktoberfest**  
The presentation is a Viking Cruise trip along the Rhine River stopping at Cologne, Rudeschein, Strasborg, Castles, Beer Tours and much more. If you have any German artifacts you would like to show the group, bring them in! Presented by Linda Felix, North River Home Care

**FRI Oct 5 1:30-3pm Mary Kay Skin Care Party**  
Skin care is truly a necessity and color is an accessory. Learn how to have great skin and protect it from UVA and UVB rays as well as the drying winter months. Try some wonderful products to make your skin healthy and beautiful. You will be ready for a fun friday evening out after this! Interactive presentation by Christina Benoit. Products not available for purchase today, but feel free to call Christina after.



**Men's Breakfasts Tuesdays 9am**  
**MEN'S GROUP** All Men's Breakfast's will be held at The North River Grille Restaurant @ Widow's Walk Golf, unless otherwise noted. Come and connect—socializing is a key to good health, as well as starting the day with a delicious breakfast! \$8/pp. SIGN UP PLEASE!!!

Sept 4—Tom Hall, Speaker on Scituate Grist Mill. Breakfast will be at North River Grille, Widow's Walk. Drive to Grist Mill at 9:30. \$8/pp  
October 2—Untold Brewery Talk & Tour. Meet the founder and learn about the history of the old schoolhouse building, the brewing process and the story of Untold Brewery. Light Breakfast @ Untold Brewery. \$4

**Sunday, Sept 23 @ 11 am—Family Fun Walk & Age-Friendly Celebration!** Please join in to celebrate living an active, healthy, independent lifestyle! Walking is directly linked with good health and sustained independence—and where better to practice than the Scituate coastline. 1-mile or 2-mile loop—all speeds and abilities welcome—and we hope you'll bring your family & friends! Check-in starting at 10:30; presentation at 11; Walk 11:30.

## Memory Training

**NEW**, 4-week educational program for improving mild, age-related memory concerns. Interactive format for learning strategies and techniques proven to sharpen memory. Created by UCLA Longevity Center.

**Mondays @ 10:30-12:30; SEPTEMBER 10 - OCTOBER 3**  
Must call to pre-register; class size limited. No charge.

## Aging Mastery Program® (AMP)

Thursdays @ 9:30 AM - 11:00 AM  
NOVEMBER 1 - JANUARY 10

10-week health and wellness program to residents 55 and over developed by the National Council on Aging in 2013. The goal of the program is to empower older adults to make and maintain small but impactful changes in health behaviors.

This popular program has been offered the last three years and is only available in the Fall. The weekly presentations will explore: Navigating Longer Lives, Exercise, Sleep, Healthy Eating and Hydration, Medication Mgmt, Advance Planning, Financial Fitness, Healthy Relationships, Falls Prevention, and Community Engagement. SPACE IS LIMITED. Please REGISTER @ 545-8722

## Seniors CONNECT iPad Program

**6 week opportunity to learn and use Apple iPads**

Limited to 6; 1 Introductory training class and weekly 1-on-1 custom support from high school students.

**Wednesdays @ 3:00; beginning OCTOBER 3**

Must call to pre-register; \$20 in advance.



**Ladies Breakfast**  
**SEPT 21, 11:30AM**

## TED Talks... "Ideas Worth Spreading"

We hope that you sign up so we can continue offering this engaging opportunity to meet new women. Or come with a friend to share a delicious breakfast with a "side of discussion". Sign Up required so we can plan a delicious menu. Volunteer Maureen will be cooking up a special hot breakfast.

# Once a Month ... Support and Services

## CAREGIVER SUPPORT GROUPS

### **COA SUPPORT GROUP HELD IN SCITUATE**

**Third Wednesday** at 12:00-1:00 for all caregivers at St. Mary's Parish Center, One Kent Street, **Scituate**. The group is led by experienced facilitators Laura Minier, LICSW, Manager of Social Services, Town of Scituate, and Barbie Rugg, South Shore Elder Services. This is an open group but please call in advance, Laura Minier, 781-378-1653

### **OTHER AREA SUPPORT GROUPS—MONTHLY Caregiver Discussion Groups**

#### **EVENING**

**First Wednesday** at 6:00-7:30 PM at Sunrise of Cohasset 125 King St. (Route 3A). For information, call Bonnie Haley at 617-686-6173.

**First Thursday** at 6:00PM at Village at Proprietors Green 10 Village Way, **Marshfield** 781-834-7885.

#### **DAYTIME**

**First Tuesday** at 2:00-3:00 at Duxbury Senior Center 10 Mayflower St, **Duxbury**. For information, Donna Ciappina, LSW 781-934-5774, x 5730.

**Third Wednesday** at 10:30-12 Noon at Village at Proprietors Green, 10 Village Way, **Marshfield**. For information, 781-834-7885

## **VISION SUPPORT GROUP**

**Third Monday** at 10:00 AM at **Hingham** Elder Services, 224 Central Street, Hingham. *Scituate COA will provide transportation to and from this event for our clients. Call the Senior Center for more support group information.*

## **BLOOD PRESSURE CHECK!**

**3rd Wednesday** Town Nurse, Eileen Scotti will be here **@ the Senior Center, 10:30-11:30 AM.**

BP screening, B12 shots with prescription, and can answer health questions—no appointment or co-pay!

## **FREE HEALTH SCREENING CLINICS**

**Wednesdays, 10:00 AM**

1st week—Wheeler; 2nd week—Central; 3rd week—Senior Center; 4th week—Lincoln; 5th week—Senior Center.

**Screenings include:** Blood pressure and vital sign assessment, Blood sugar screening, B12, nutritional & health counselig, medication review and instruction.

## **PROFESSIONAL MEETINGS**

*Call the Front Desk or ask for Jill to book an appointment by calling 781—545—8722 ext. 2 for any of these professionals*

### **LIFE INSURANCE REVIEW & LONG TERM CARE OPTIONS**

**1st Friday**

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up-to-date? Do you have adequate coverage? Meet with **Elaine Buonvicino, Independent Insurance Agent** to review your existing Life Insurance Policy(ies) or Long Term Care Policy. Complimentary appointments are available monthly between 9-11 AM.

### **ASK A LAWYER**

**3rd Friday**

If you have a legal question, you can schedule a complimentary half-hour appointment with one of our attorneys volunteering monthly at the Scituate Senior Center. Elder Law Attorneys Holly Harris, Michael Loring, & Chris Sullivan rotate monthly to provide this service.

*Call 7781-545-8722 for a morning appointment.*

### **MEET YOUR SENATOR** **Sen. Patrick O'Connor**

**3rd Thursday**  
**10:30-11:30 AM**

Take advantage of regular opportunity to talk with Sen. O'Connor or his District Coordinator, Lou Rizzo. They are open and interested in hearing what the constituents want or want to discuss. We make the coffee—you bring the talk!

### **MEET YOUR REPRESENTATIVE**

**4th Friday**

**Long-time Legislative Aide Gigi Mirarchi** is available to meet or discuss your questions or concerns while the seat for the 4th Plymouth District remains vacant, pending election of a new representative. Call the Senior Center if interested in a meeting on the 4th Friday of the month, or call 617-722-2396 to discuss your issues by phone directly with the office..

### **FINANCIAL SERVICES**

**1st Monday**

Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? Call the Senior Center to be referred for an appointment in their local Scituate offices.

**Lori Shea, Edward Jones Financial Advisor** is available monthly for a FREE 30 min. appt.

### **FINANCIAL SERVICES**

**Call for an appt.**

**Adrienne Rowles, Financial Advisor and Vice President of the Woerdeman Financial Group.** If you are looking for predictable income and safety of your investments, she is available for a FREE 30 min. appt.

### **SHINGLES VACCINATION BOOSTER—2nd vaccine**

**NOVEMBER 7, 10AM**  
**@ The Senior Center**

If you received the first SHINGRIX vaccine in July, we will contact you to sign up for the booster. Vaccinations will be administered by Justine Sollowin, Stop & Shop Pharmacy.



Mon	Tue	Wed	Thu	Fri
<p>1 8:30 Yoga 9:45 Chair Yoga</p> <p>9:30 Joint Efforts</p> <p>10:30 Memory Training</p> <p>11:15 Balance for Life</p> <p>1:00 Art Class 4:00 Pickle</p> <p>1:00 Hand Foot Card Game</p>	<p>2</p> <p>9:00 <b>Men's Breakfast @ Untold Brewery, 6 Old Country Way</b></p> <p>9:00 Shaws 9:00 Cardio</p> <p>10:30 Mah Jong</p> <p>1:00 Scrabble 1:30 Tai Chi</p>	<p>3 <u>CAPE COD EXCURSION TRAIN TRIP</u></p> <p>8:30 Yoga 9:45 Men's Yoga</p> <p>9:45 Chair Yoga</p> <p>1:00 Scituate History</p> <p>12:30 Balance for Life</p> <p>3:00 Seniors CONNECT</p> <p>3:00 Quilting @ Harbor Building</p> <p>4:00 Pickleball</p>	<p>4</p> <p>11:15 Balance for Life</p> <p>11:30 Expressive Writing</p> <p>1:00 Knitting</p> <p>4:00 Art Class</p>	<p>5</p> <p>8:30 Yoga 9:45 Chair Yoga</p> <p>9:30 Joint Efforts</p> <p>11:00 Antiques Presentation</p> <p>1:00 Trail Walking</p> <p>1:30 Mary Kay Skin Care Party</p>
<p>8</p> <p>Holiday</p> <p>Office</p> <p>Closed</p>	<p>9</p> <p>9:00 Shaws</p> <p>9:00 Cardio</p> <p>10:30 Mah Jong</p> <p>1:00 Scrabble</p> <p>1:30 Tai Chi</p>	<p>10 8:30 Yoga 9:00 Mail</p> <p>9:45 Men's Yoga &amp; Chair Yoga</p> <p>10:00 Craft-Decoupage Bottle</p> <p>10:30 Job Networking Group</p> <p>12:30 Balance for Life</p> <p>1:00 Scituate History</p> <p>3:00 Seniors CONNECT 4:00 PBall</p>	<p>11</p> <p>10:00 Walking Group</p> <p>11:15 Balance for Life</p> <p>11:30 Expressive Writing</p> <p>1:00 Knitting</p> <p>5:30 COA Board Meeting</p>	<p>12</p> <p>8:30 Yoga</p> <p>9:30 Joint Efforts</p> <p>9:45 Chair Yoga</p> <p>11:00 Shingles Vaccinations</p> <p>12:00 Friday Flix</p> <p>1:00 Trail Walking</p>
<p>15</p> <p>8:30 Yoga 9:45 Chair Yoga</p> <p>9:30 Joint Efforts</p> <p>11:15 Balance for Life</p> <p>1:00 Art Class</p> <p>1:00 Hand Foot Card Game</p> <p>4:00 Pickleball</p>	<p>16</p> <p>9:00 Shaws</p> <p>9:00 Cardio</p> <p>10:30 Mah Jong</p> <p>1:00 Scrabble</p> <p>1:30 Tai Chi</p>	<p>17</p> <p>9:45 Men's Yoga &amp; Chair Yoga</p> <p>10:30 Blood Pressure/Nurse</p> <p>12:30 Balance for Life</p> <p>1:00 Scituate History</p> <p>3:00 Seniors CONNECT</p> <p>4:00 Pickleball <u>MFA TRIP</u></p>	<p>18</p> <p>10:00 Walking Group</p> <p>11:15 Balance for Life</p> <p>11:30 Expressive Writing</p> <p>1:00 Knitting</p> <p>4:00 Art Class</p>	<p>19</p> <p>8:30 Yoga</p> <p>9:30 Joint Efforts</p> <p>9:45 Chair Yoga</p> <p>11:30 <b>Ladies Brunch</b></p> <p>1:00 Trail Walking</p> <p>6:00 FOSS Trivia Night</p>
<p>22</p> <p>8:30 Yoga 9:45 Chair Yoga</p> <p>9:30 Joint Efforts</p> <p>11:15 Balance for Life</p> <p>1:00 Art Class</p> <p>1:00 Hand Foot Card Game</p> <p>4:00 Pickleball</p>	<p>23</p> <p>9:00 Shaws</p> <p>10:30 Mah Jong</p> <p>1:00 Scrabble</p> <p>1:30 Tai Chi</p> <p>2:30 Cafe Talk-- Germany Cruise</p> <p>5:00 Dine Out-- Tsang's Village Cafe</p>	<p>24 8:30 Yoga 9:00 Mail</p> <p>9:45 Men's Yoga &amp; Chair Yoga</p> <p>10:30 Job Networking Group</p> <p>12:00 <b>Caregivers Support</b></p> <p>12:30 Balance for Life</p> <p>1:00 Scituate History</p> <p>3:00 Seniors CONNECT 4:00 PBall</p>	<p>25</p> <p>10:00 Walking Group</p> <p>11:15 Balance for Life</p> <p>11:30 Expressive Writing</p> <p>1:00 Knitting</p> <p>4:00 Art Class</p>	<p>26</p> <p>8:30 Yoga</p> <p>9:30 Joint Efforts</p> <p>9:45 Chair Yoga</p> <p>12:00 <b>Friday Flix</b></p> <p>1:00 Trail Walking</p>
<p>29</p> <p>8:30 Yoga 9:45 Chair Yoga</p> <p>9:30 Joint Efforts</p> <p>1:00 Art Class</p> <p>1:00 Hand Foot Card Game</p> <p>4:00 Pickleball</p>	<p>30 9:00 Shaws 9:00 Cardio</p> <p>10:30 Mah Jong</p> <p>11:00 Coffee Concert Series Duxbury</p> <p>1:00 Scrabble</p> <p>1:30 Tai Chi</p> <p>2:00 <b>Part D Presentation/Q&amp;A</b></p>	<p>31</p> <p>8:30 Yoga</p> <p>9:45 Men's Yoga &amp; Chair Yoga</p> <p>12:30 Balance for Life</p> <p>3:00 Seniors CONNECT</p> <p>4:00 Pickleball</p>	<p>Nov 1</p> <p>Aging Mastery Program (AMP)</p> <p>10 week course begins today!</p> <p><b>See page 4 for details.</b></p>	<p>Nov 2</p> <p>Boston Christmas Festival Trip</p> <p><b>See page 3 for details.</b></p>

# September 2018

Mon	Tue	Wed	Thu	Fri
<div>  <p>Scituate SENIOR CENTER</p> <p>Commitment ★ Connection ★ Community</p> </div>				
<p>Don't Miss our <b>Go4Life Family Fun Walk Community Celebration of Walking and Age-Friendly Scituate!</b> All ages &amp; abilities welcome to participate! 1-mile and 2-mile loops. Music, resource tables, refreshments following and a special treat! Call the Senior Center to Pre-register! T-shirts available; free to first 50 at the walk. 10:30 Check-in begins; 11:00 am Official Presentation; 11:30 am WALK! </p>				
<p>3</p> <p>Holiday Office Closed</p>	<p>4</p> <p><b>Men's Breakfast</b> 9:00 Shaws 9:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi</p>	<p>5</p> <p>8:30 Yoga <b>9:30 Walmart &amp; Market Basket</b> 9:45 Men's Yoga &amp; Chair Yoga 12:30 Balance for Life 3:00 Quilting at Senior Center</p> 	<p>6</p> <p>10:00 Walking Group <b>10:00 The Tale of the Scituate Lightkeeper's Daughter with Author Richard Wainwright</b> <b>*SEP Passport Days Event</b> 11:15 Balance for Life 1:00 Knitting 4:00 Art Class</p>	<p>7</p> <p>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Antiques Presentation 1:00 Trail Walking</p>
<p>10</p> <p>8:30 Yoga 9:30 Joint Efforts 10:30 Memory Training 1:00 Hand Foot Card Game 1:00 Art Class 4:00 Pickleball</p>	<p>11</p> <p>9:00 Shaws 9:30 Mah Jong 1:00 Scrabble 1:00 Crafting Group 1:30 Tai Chi</p>	<p>12</p> <p><b>9:00 Mail</b> 9:45 Men's Yoga &amp; Chair Yoga 10:30 Job Networking Group 12:30 Balance for Life 4:00 Pickleball</p>	<p>13</p> <p>10:00 Walking Group 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 5:30 COA Board Meeting</p>	<p>14</p> <p>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga <b>12:00 Friday Flix</b> 1:00 Trail Walking</p> <div> <p>Saturday, Sept 15</p> <p>FOSS Fashion Show</p> </div>
<p>17</p> <p>8:30 Yoga 9:30 Joint Efforts 10:30 Memory Training 1:00 Hand Foot Card Game 1:00 Art Class 4:00 Pickleball</p>	<p>18</p> <p>9:00 Shaws 9:00 Cardio with Chris BEGINS 10:00 Nordic Walking 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi <b>3:00 Wine Glass Painting</b></p>	<p>19</p> <p>9:45 Men's Yoga &amp; Chair Yoga 10:30 Blood Pressure/Nurse <b>12:00 Caregivers Support</b> 1:00 Scituate History 4:00 Pickleball 5:00 Dine Out– Haddad's</p>	<p>20</p> <p>10:00 Walking Group 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class</p>	<p>21</p> <p>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:30 Ladies Breakfast 1:00 Trail Walking</p>
<p>24</p> <p>8:30 Yoga 9:30 Joint Efforts 10:30 Memory Training 11:15 Balance for Life 1:00 Hand Foot Card Game 1:00 Art Class 4:00 Pickleball</p>	<p>25</p> <p>9:00 Shaws 9:00 Cardio 10:00 Nordic Walking 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi</p>	<p>26</p> <p>8:30 Yoga 9:45 Mens Yoga/Chair Yoga 10:30 Café Talk– NSRWA 10:30 Job Networking Group 12:30 Balance for Life 1:00 Scituate History 4:00 Pickleball</p>	<p>27</p> <p>10:00 Walking Group 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class</p>	<p>28</p> <p>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga <b>12:00 Friday Flix</b> 1:00 Trail Walking</p>

# Social Services & Outreach

Van transportation is available by calling the Senior Center at 781-545-8722—48 hrs. ahead



## MONDAY, WEDNESDAY & FRIDAY LUNCH

12:00-1:00 PM @ Harbor United Methodist Church, First Parish Rd; \$3 sponsored by South Shore Elder Services.

Meals on Wheels program for home-bound or convalescing seniors Monday-Friday through SSES—Call 781-848-3910, x415 to inquire about this service.

**THURSDAY LUNCH**, 12 NOON @ Congregational Church, 381 Country Way. This lunch is sponsored and served by dedicated church volunteers. \$4. No Reservations.

Monthly Community DINNER No Reservations

**4th SUNDAY**, 5PM @ St. Luke's Episcopal Church,

Community dinner for all ages sponsored by various community groups. Donations Accepted.

## THE SCITUATE FOOD PANTRY

**Client Hours:** Tuesday 10am-12:45pm, Thursdays 3:30-5:30pm

Food donation drop offs: Tuesday 9am-1pm, Thurs 3pm-6pm

The Food Pantry is located in the lower level of the Masonic Hall at 344 Country Way. It is a valuable support service for all Scituate residents. If you would like to learn more about using its service, stop by at any time during client hours.

## Part D Open Enrollment Starts October 15<sup>th</sup>

This is the time of year when you, as Medicare beneficiaries, should review your Part D prescription plans or your Medicare Advantage plans (HMO's or PPO's) to ensure that they meet your needs for 2019. You need to check that you will have the coverage you need for 2019 **at the lowest available cost.**

**Tuesday October 30 at 2:00 PM**

**SHINE Counselor Norman Tetreault and Outreach Coordinator Jenny Gerbis will present an overview of Part D and Medicare Advantage plans available in 2019. Jenny and Norman will answer questions about your options.**

When you come to the presentation, bring a list of your meds and fill out the SHINE pre-enrollment forms. Then, we can do a Part D search, advise you on your choices for 2019 and help you find the most cost-effective options for 2019. **Forms must be returned no later than noontime Tuesday, November 20.**

If you are interested in attending please call the Council on Aging at 1-781-545-8722 or stop at the office and register.

## THURSDAYS @ HOUSING AUTHORITY

**Jenny Gerbis, Outreach Coordinator** at the Senior Center spends 30 minutes every month at each of the Housing locations in their Common Room. Stop by to say "hello" and see what information is available to you, or just have a chat.

### SEPTEMBER Please note NEW DAY!

Thursday 9/6 12:30 PM @ Lincoln

Thursday 9/13 12:30 PM @ Central

Thursday 9/20 12:30 PM @ Wheeler 1, 1 PM @ Wheeler 2

### OCTOBER Please note NEW DAY!

Thursday 10/4 12:30 PM @ Lincoln

Thursday 10/11 12:30 PM @ Central

Thursday 10/18 12:30 PM @ Wheeler 1, 1 PM @ Wheeler 2

## SHINE—BY APPOINTMENT

*Serving the Health Information Needs of Everyone*

Call for an appt. with SHINE Counselor Norman Tetreault, volunteer at the Senior Center, to discuss issues and concerns regarding your health insurance coverage. **NO PART D DRUG SEARCH APPTS.** Please call to schedule an appt. on the following dates:

**Sept** 6, 20, 27

**October** 4, 9, 18, 25

## DID YOU KNOW?

- 10-20% of older adults experience bullying from other older adults
- 85% of bullying behaviors happen in front of others (it is a quest for status in a group)
- Bullying is the opposite of empathy
- Just one incidence of bullying can cause significant psychological distress
- Anyone can be the target of bullying behavior
- Bullying can cause social isolation which is a dangerous risk factor for depression

**STAND UP!  
SPEAK OUT!**

YOU CAN STOP BULLYING BEHAVIOR IN 10 SECONDS!!

**What is your role as a bystander?** Challenge the person who is bullying and defend the target. Recognize that it is the person who bullies who has the problem, not YOU! Look them in the eye and stand up to the person that bullies. Intervene as appropriate, in the moment. Be direct; keep it simple, and defer to the code of conduct. Respond calmly and with self-assurance; remind them that their behavior is not appropriate and then WALK AWAY. Interrupt the cycle of bullying!!

**WANT TO TALK ABOUT IT ? Call 781-545-8873.**

## FUEL ASSISTANCE 2018-2019

Please call Jenny Gerbis with questions or to set up an appt. 781-545-8873

The State/Federal Fuel Assistance Program, operated and administrated by South Shore Community Action has begun, and will run until April 30, 2019. The program is open to the community and the Council on Aging is the agent for the Town of Scituate.

Applicants are required to provide the following information for head of household and family members 18 and over:

**ID for head of household; Social security numbers and DOB for all family members; Last 30 days income for all family members over 18 unless in college full time; Social security award letter; Pension or IRA distributions; Unemployment; Child support; Copy of heat bill; Copy of electric bill and Town of Scituate tax bill; Mortgage bill or rent receipt if applicable. Homeowners cover letter if you own your house.**



# Age Well at the Senior Center

## *Fun & Learning!*

### **FRIDAY FLIX 2ND & 4TH FRIDAY @ NOON**

*Surround Sound, English Subtitles, 65" Flat Screen TV  
Snacks and popcorn always served.*

**The Greatest Showman**, PG, 2017 Drama/Romance Sept 14  
**Three Billboards Outside Epping, Missouri**,  
 R, 2017, Drama/Crime Sept 28  
**The Shape of Water**, R, 2017 Drama/Thriller Oct 12  
**I, Tonya**, R 2017 Drama/Sport Oct 26

### **New Learning Series set to begin this September!**

#### **"MAPS"- Monthly Antiques Presentation Series**

First Friday of the Month, 11am to noon

**September 7 The Watercolors of Winslow Homer**  
**October 5 American Carousels**  
**November 2 South Shore Bird Decoys and Carvings**

On Friday September 7, a PowerPoint presentation **The Watercolors of Winslow Homer** will show beautiful images and also examine some techniques Homer employed. Homer's watercolors evolved during his career from studies in preparation of oil paintings to powerful stand alone images for exhibition. His watercolors often captured incidental events in the Impressionist style. In his final decades Homer created a portfolio of watercolors that demonstrated mastery of this medium. Sign up is necessary! Cost \$4 each or sign up for all 3 presentations for \$10. Presented by Bob Jackman

**QUILTING GROUP** **RESUMES September 5**  
**SCITUATE STITCHERS** Wednesday 3-4:30pm

Join other quilters, experienced and beginners. Bring a project or start a new one. Drop in or call 781-545-8722 to sign up. Held at Senior Center, Group meets **MONTHLY!**

**EXPRESSIVE WRITING** **RESUMES SEPTEMBER 13**  
**Liz Ennis NO FEE** **Thursdays @ 11:30am**

Facilitator, Liz Ennis and students keep coming back for another session of this fulfilling expressive writing class. No writing experience necessary. We don't care about grammar! Why not try this activity to encourage *expression*! Sharing, storytelling and connection in a casual and welcoming environment. Cultivate mindfulness, gratitude and joy!

### **DINE OUT "Supper Club"**

*Departs approx. 4:15pm*

**Haddad's Restaurant**  
**Marshfield, MA**

**Reservation @ 5:00pm**

*Call for reservation!*

*Van ride \$3.00*

**September 19**

**Tsang's Village Cafe**  
**Hanover, MA**

**October 23**

### **PAINTING CLASS**

*@ Senior Center*

**MONDAY 1:00-4:00PM**

**THURSDAY 4:00-7:00PM**

Still life arrangements, demos, exercises, drawing skills, understanding color, mixing and watercolor application. Talented & long-time Instructor Joanne Papandrea. *Supply list available. Call for details @ 545-8722; No class on 2nd Thursday of the month. \$10 class*

**Monday classes resume Sept 10—Ending — Dec 3**

Thursday classes continue thru summer. Ending —Dec 6

### **SCITUATE HISTORY**

**SEPTEMBER 19, 1-2:30PM**

**Scituate from Farm to Office** will follow the abrupt changes in career paths chosen by Scituate residents from 1860 to 1940, and the corresponding impacts on families, social lives, and the community. For specific town residents we will cite documented material such as census records, diaries, journals, letters, etc. While the emphasis will be on residents who transitioned to newly created careers, we will also attempt to grasp ways that residents with traditional career paths were also impacted by changes in lives of their neighbors. **Bob Jackman's history course** will begin on Wednesday, September 19 at 1pm and run for six weeks. Cost \$20

### **GARDEN THERAPY**

Dates TBA - Nov and Dec

Seasonal centerpieces @ 10:30AM Space is limited. Sign up Required. Details in Nov/Dec Newsletter.

### **FLOWER PRESSING WORKSHOP**

**NOV. DATE TBA**

Date TBA. If you have pressed your flowers for the summer and early fall, sign up to learn how to turn them into a work of art. Call for details. 781-545-8722. 6 max

### **CRAFTING GROUP**

**OCTOBER 10, 10AM**

Craft Your Worries Away with "Bottle Therapy"! See page 4

### **CONGRATULATIONS! PEMBROKE JURIED ART SHOW**

John White— Honorable Mention & Betty Rose White 3rd

### **Job Seekers Networking Group**

**Start Date: September 12, 2nd & 4th Wednesdays @ Scituate Town Library**

**10:30am - 12:30pm**

Funded by the state's Executive Office of Elder Affairs and managed by Massachusetts Councils on Aging (MCOA),

the Scituate COA is pleased to host this program. We are one of only 16 sites selected by MCOA for this important program for 50+ individuals looking for a new job, a totally new career direction, re-entering the workforce after an employment gap or looking for a Second Act career. Meet, network & learn about a new topic at each biweekly group meeting. Call the Senior Center to pre-register. Or, please pass on to a friend or relative who may be interested!

Experienced facilitator and guest speakers.

# Body & Brain Health at the Senior Center

*Let's go for a walk!*

**Go4Life Family Fun Walk**

Sunday, September 23 @ 11am

Meet at Harbor Building

## **NORDIC WALKING COURSE**

**Tues. Sept 18, 25**

**Library—inside on 18th, outside on 25th 10am—Noon**

2 Week Interactive Course. SIGN UP @ 545-8722 Class held at SCITUATE LIBRARY— COMMUNITY ROOM on the lower level.

Have you ever seen someone walking with poles and wondered, WHY? Did you know that in European countries, 15% of walkers use poles to get a better full body workout and increased health benefits! Would you like to learn about it and give it a try?

1. **Nordic Pole Walking burns up to 46% more calories** than exercise walking without poles or moderate jogging. 25-30% on average. Only have time for a 30 min walk? Adding poles turns it into a 55 min walk/workout.

2. **Increases heart and cardiovascular training to 25%**

3. **Incorporates 90 % of all body muscles** in one exercise and increases endurance of arm muscles, neck and shoulder.

## **WALKING GROUP**

**THURSDAYS @ 10:00am**

Like to walk? Need some motivation or conversation...join our new walking group with walk leader, Dot! Short, local walks will start at the senior center.

## **TRAIL WALKING:**

**RESUMES SEPT 7**

Meet at Senior Center @ 12:45pm to carpool to walk location. Plan on 1pm-3pm. Wear comfortable walking shoes, clothes & hat. Bring water, sunscreen, & bug spray. To sign up call 781-545-8722. Cancellations decisions due to weather will be made by 10:30am the morning of the walk. Walk locations determined by walk leader. September—October

## **TAI CHI:**

**ONGOING**

Improve balance and overall health and well-being with this 24 week program. Invited to begin every 8 weeks. Call 545-8722 for Lesson 1 start date. Led by Linda; \$2

Monday		Tuesday		Wednesday		Thursday		Friday	
8:30 Floor Yoga	HCB	9:00 Cardio *	SC	8:30 Floor Yoga	HCB			8:30 Floor Yoga	HCB
9:45 Chair Yoga	HCB	10:00 Nordic Walking Group	Library 9/18, 25	9:45 Chair Yoga	HCB	10:00 Walking Group	Meet @ SC	9:45 Chair Yoga	HCB
9:30 Joint Efforts *	SC			9:45 Men's Yoga				9:30 Joint Efforts*	SC
11:15 Balance 4 Life	HCB	1:30 Tai Chi	STM	12:30 Balance 4 Life	HCB	11:15 Balance 4 Life	HCB	1:00 Trail Walking Carpool to walk location	Meet @ SC Sept 7
* Chris' Cardio re- sume Sep. 18		* Joint Efforts resume Sep. 7						Fall & Spring	

**HCB** = Harbor Community Building @ 44 Jericho Rd

**SC** = Senior Center

**STM** = St. Mary's Parish Center

**Floor Yoga:** Anne/Elizabeth, \$10 / 12

**Chair Yoga** Anne/Elizabeth, \$5

**Men's Yoga:** Anne, \$10 / 12

**Balance for Life:** Stretch, strengthen & tone with Sue! Lots of fun! \$5 per class; \$8 / 2 classes; \$10/3 classes per week only.

## **BOWLING LEAGUE**

**Satuit Bowlaway**, Cole Pkwy

**TUESDAYS 9:30-11:30 AM**

Join for \$5, which includes  
End of Season Banquet.  
\$10/wk for lanes & shoes.

**Begins September**

## **SENIOR PICKLEBALL PROGRAM**

@ Jenkins School Gym

**Mon 4-6pm, Wed 4-6pm Begins Sept 10**

Doubles; rotating play. Nets, beginner paddles and balls provided by the Senior Center. Instruction available for new players! Help with setup/breakdown of nets requested.

*This is a volunteer-led Senior Center program. We do accept donations to support ongoing equipment purchases.*

## **BADMINTON**

Wednesdays, 6:00PM

@ Jenkins School

Drop-in!

All are welcome!

**Begins September 12**

## **BRAIN GAMES @ Senior Center—Challenge the mind & meet a new friend!**

**Mah Jong—TUESDAYS @ 10:30-Noon resumes Sept 18.** This popular and lively game involves calculation and a little luck! Volunteer-led instruction. It is good for the brain and the smiles! Game tiles provided.

Interested in Texas Hold 'em? Call 545-8722

**Scrabble—TUESDAYS @ 1:00-2:30PM**

**Hand & Foot Card Game—MONDAYS 1:00-3:00PM**, held @ Community Building



CATHERINE MCGOWAN SENIOR CENTER  
27 BROOK STREET  
SCITUATE, MA 02066

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The cost of mailing this newsletter is supported by funds we receive from the state Executive Office of Elder Affairs (EOEA) through the annual Formula Grant.

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**Council on Aging Board Meetings** are scheduled for the 2nd Thursday of the month at the Senior Center. These are public meetings & are videotaped to be played on Scituate Cable TV. The next meetings are: September 13 & October 11 at 5:30

**Beach and Transfer Station Permits available.** The Senior Center holds two **Beach permits** which may be borrowed by seniors for the day or weekend and two **Transfer Station permits** for single use. Call or stop in to sign out.

## WE ARE ON-LINE TOO!

You can read this newsletter on-line  
BEFORE it comes in the mail.

Go to: Town website at [scituatema.gov](http://scituatema.gov);  
**Department-Council on Aging**, and  
**Newsletters**.

ALSO, [www.ourseniorcenter.com](http://www.ourseniorcenter.com)  
Find: **Scituate Council on Aging**.

You can sign up with your e-mail and  
receive notice when it is published  
(well before mailing!).

"Like" us on **Facebook**:

Search **Scituate Council on Aging** AND  
**TownofScituate** Share to your friends!

Follow us on Twitter: @ScituateCOA.

## Upcoming FOSS Fundraising Events



### The Fashion Show

Saturday September 15, Time TBA Fashions by Sylvia's and J.Jill

### Trivia Night with Al Kazlousky

Friday October 19th, 6:00pm

### FOSS Christmas Fair

Saturday, December 1st, 9:00am

TICKETS CAN BE PURCHASED AT THE SENIOR CENTER

All events held at St Mary's Church Parish Center

All events support the  
Senior Center Building

## Consider joining the **Friends of Scituate Seniors** to lend your support

The Friends' volunteer, 501(c)(3) non-profit organization is established to **raise funds for a new Scituate Senior Center** and to **assist the Scituate Council on Aging with financial support** for programs, material needs and events.

The events they sponsor champion the work of the Senior Center and together with the COA help to create new supporters in the community. Please send your name, address, phone and email address to FOSS at P.O. Box 75 N. Scituate, MA 02060.